



- The Life Space -

SEPTEMBER 2012



USAHC Hohenfels Monthly Newsletter

Welcome to the Hohenfels Health Clinic monthly newsletter designed to bring you relevant information about our services, as well as provide you with interesting tips and facts concerning your health, which is always our top priority!

TICK SAFETY

Tick season is in full bloom here in beautiful Bavaria. Do you know everything you need to know about ticks in Germany, to include:

What are ticks and where are they found? How do ticks bite? Which diseases can be spread by ticks? How can I protect myself from ticks? and How do I remove ticks?

To read more information concerning ticks, search "Fact Sheet: Ticks" at the website below.

<https://www.ncbi.nlm.nih.gov/pubmedhealth/>

HAVING A BABY?

Our next hospital tour is scheduled in October. For our parents-to-be: The pregnancy brief on Thursdays have been moved to the conference room in the clinic until further notice. For any questions or concerns, please call DSN 466-3347.

BEHAVIORAL HEALTH

Consultations are now available. It's a new program that is designed to assist you in improving your overall physical and mental health. We offer help when stress or worry interfere with your daily life. Please call DSN: 466-2130

WEIGHT MANAGEMENT

Hohenfels Health Clinic has a Weight Management Program with the resources to help meet your goals—whether you have 20 or 120 pounds to lose. We take a comprehensive approach, utilizing a physician, dietician, behavioral therapist, physical therapist, personal trainer, medics and nurse to help you reach your goals. Every month is a different educational program, a support group, weekly weigh-ins, and individual assistance and support. To find out more about the program or how to be enrolled, call LCSW at 466-4565 or 09472-83-4565.

EFMP

The Clinic is one of several organizations on post responsible for supporting the Exceptional Family Member Program (EFMP). Although our specific role is medical screening, the following website provides valuable information on Command Sponsorship, EFMP Enrollment / Disenrollment, Compassionate Reassignment, OCONUS Moves/Extensions, and updates on Medical/Educational enrollments. Call the Clinics POC at 466-4583 Tues and Thurs.

<http://efmp.amedd.army.mil/>
<http://www.myarmyonesource.com/>

Emergency Contacts:

Nurse Line-008004759-2330
Emergency Service- 09472-83-116
BRK-19222-
Patient Liaison-09472-83-2819
Fire-09472-83-117
MP Station-09472-83-2812
DSN prefix is 466-last 4

MAMMOGRAMS

Starting in September, "Ladies Day Out" Mammogram day will once again resume. "Ladies Day Out" is your chance to be driven to Regensburg by a Clinic employee to get your ever-important annual mammogram. For more information, call us at DSN 466-4565.

EXPRESS YOURSELF

Fifty percent of all appointments generate an Army Provider Leave Satisfaction Survey (APLSS). Everyone who has been around the Army for awhile has received this surveys in the mail; about 75% are never submitted.

How does this effect us as a community?

A large portion of the Hohenfels Health Clinic's budget is directly linked to completed surveys. Depending upon your answers, we have the ability to earn (or lose) up to \$800 per survey.

This money goes back into the community in the form of new equipment, services, civilian manning, and performance awards.

More importantly is provides our customers with a VOICE.— a voice that helps us provide you with the services you want, need and deserve.

Commander's Thoughts

Thank you for taking time to read the first edition of the Hohenfels Health Clinic's monthly newsletter. We have titled this newsletter "The Life Space" as part of our ongoing efforts to transition from a "Healthcare System" to a "System for Health."

A "Healthcare System" is a system designed to primarily address injuries and illness. A "System for Health" is a system focused on prevention, early intervention, and life choices.

Of the 525,600 minutes in a year, most people only interact with a healthcare provider for an average of 100 minutes. The remaining 525,500 minutes is YOUR Life Space.

Here at the clinic, it is our goal to deliver evidence-based, value added services to our beneficiaries, improve healthcare programs, and develop new processes and initiatives as we work with YOU to enhance YOUR HEALTH.

In addition to providing friendly and courteous services in a traditional healthcare setting (Clinic or Host Nation Facility), TOGETHER we will look for ways to engage where YOU live, work, and play—YOUR Life Space.

During the next 12 months, we will implement some major programs to include: Secure Messaging, Comprehensive Care Plans, and an enhanced / more comprehensive Periodic Health Assessment for older Soldiers.

Through these means and future newsletters we hope to impact the Life Space and become **YOUR Preferred Health Partner.**